



19426

The treasurie of
commodious Conceites, and
hidden Secrets.

Commonly called,

The good Huf-

wives Closet of prouision, for
the health of her housshold.

Meete and necessarie for the pro-
fitable vse of all estates.

Gathered out of sundry Experiments
lately practised by men of great know-
ledge : And now the fourth tyme
corrected, and enlarged, with
diuers necessary and
new additions.

AT LONDON,
Printed by Richarde Ihones : dwel-
ling at the signe of the Rose and
Crown, neare Holburne
Bridge. 1584.

The Printer to all that concern the practis of good Huswifery, as well wifes as maides.

From a good author.

Ood Huswifes here you haue, a fewell for your ioye,
A Closet meete your Huswiery, to practis and imploy.
Aswell the Gentles of degre, as eke the meaner sorte,
practisahere to purchase health, their houssholt to cōtort,
as the Proverbe prauyth trug to hemelit eche greefe,
ongst the rest of Phisicks helps, the huswifes help is cheef,
before good huswiues once againe I lay to you, repaire
to this Closet when you need, & marke what ye find there,
ich is a meane to make most thinge to huswifies vse pertain,
all Conserveys & Syropes sweet, to comfort heart and brain,
banquets to, here may you find your dishes how to frame,
mead, Marmalad, Marchpane to, & ech thing els by name,
powders eke for linnen clothes, and wollen, turd or fastes,
keepe them sweete and last from mothes, in chestes when
they be plaid
medicins to for present health, and Closet heret you haue,
maintaine life & kepo yeybng, the chese of staching ye cruse,
to conclude, I wish ye marke the benefits of this booke,
Gentles state, the Farmer wifesse, & Craftes mans huswif

(Cooke,

if yee reape commodicie by this my friends aduise,
ngile him thanks, and thinke not much of four shillings
for the p[ri]ce.

Good luck to any body in you

Fare-well, answere

John Legge

To the Worshifull

Master Richarde Wistow, Gentleman, one of
the Assistants of the Companie of the Barbers and
Surgions: John Partridge wisheth increase of
knowledge by his worthy trauell.

After that I had (worshifull Syr,) taken
some paine, in collecting certaine hid-
den secrets together, & reduced them into
one Lybel or Pamphlet) for my owne be-
hoote & my familiar freends) yet at the in-
stance of a certaine Gentlewoman, being my
deare and speciall freend, I was constrained
to publish the same, & considered with my
selfe the saying of the wise: which is, That
good is best, which to all indifferently is of
like goodness, or effect: or which without
respect of person is good to all indifferently.
The cōsideration of which, & her impetu-
nacie together, instiged me to cōmunicate
vnto the view & publike benefit of all men,
this little booke; the contents wherof doth
instruct & teach all maner of persons & de-
grees, to know perfectly howe to make di-
uers & sundry sortes of new cōcēts, a wyel of
meats, Conserues, & Marmalades, as also of

A.ij. . . . sweete

THE EPISTLE.

weet and pleasant Waters, of wonderfull Odors, Operations & Vertues: with diuers other things, that haue not hitherto bene publiquely knownen: which fact of mine (I know) wil be not only disliked of some, but altogether condemned: not for that it is euill: but that their fine heads can not digest that any other beside theselues should enjoy the benefit therof, hauing for their Maxime, that such things are of small price, as are common to all men. Much after our Englishe Prouerbs, Quaintie & daintie: Farre set and deare bought, is good for great estates. But I account that person foolish, and vnworthie helpe of any Physitian or Surgeon, that wil refuse to receiue or gaine health by the medecine of any such Physician or Surgeon: Who by learning the same out of Galene, Auicen, Hippocrates, or any other such like, hath oftentimes cured the diseases in sundry & many persons, for that the same hath ben commonly vsed: but rather most willingly and curteously to embraze the same (for present remedie) as a thing excellently well experimeted and proued. I neede not (right

WCR-

THE EPISTLE.

worshipfull) to vse these wordes for the detence of this litle Booke, considering that your worship doth very well accept suche thinges, as vniversally bring with them a publike profite and vtilitie: whence consteth your delight, rewarding liberally the trauaile of such, who haue and do trauaile therein. W herefore, for that I among all other persons, do thinke my selfe most beholde unto your worship, to gratifie your goodnessse, and to satisfie the request of my freend, I haue accomplished this litle booke: which I haue put foorth vnder your worships name and protection: protestinge, that if I shall see this worke, which with some cost and charge I haue brought to perfectiōn, be well accepted at your handes, I shall shortly exhibite vnto your worship a thing of greater value and estimation. And thus committing your good worship vnto God.

I end: who send you your desire of vnderstanding & knowledge.

Your VVorships to com-
maund. I. P.

A.ij.

Th



The Authour to his

Booke, concerning his freend, whoso
-o his importunate sute procured him
-lors to publish the same.

A little Booke of profit and pleasantance.

Vnto thy good Mistresse, without delay:

And tell her I send thee for the performaunce
Of her earnest sute, sith she would haue no nay,
Let her see thy conodities, as right wel she may,
To profite her freends, for healthis preseruation,
And also to pleasure them for recreation.

I haue sent her this booke now; so, no
tell her that all things in thee contained,
I haue seene them put of; into wre; vpon me to
and given thee to be her seruant retained,
To serue her, faithfully doing thy care,
And also say, of this let her be sure,
That she with her sute, of me hath obtineed
hee, that no gold nor good could haue gained.

I. P.

The

The Closet or crea-

surye of hidden Secrets.

To bake a Capon with yolkes
of Egges. Cap. 1.

When the Capo is made ready, trulle him into the Coffin, then take eight yolkes of Egges sodded harde, and pelle the clery of the same scould, and put the yolkes into the Coffin with a Capon. When take a quantite of Ginger and Salt, and passe it on the Capon, and let it bake three houers. When take two or three yolkes of Egges beaten into a goblet, with melleice, with a good quantite of salt, mix them together, put it into the Coffin, and serue it.

To bake a Fefant, or Capon in Redde. Cap. 2.

Draw your Capon like a Fefant thus skinned, and perboyled a little and larded with sweet Lard, put hym into the Coffin, thereto add a little pepper and salt, put thereto halfe a dishc of swete butter, let it bake for the space of three houers, and when it is colde, serue it forth for a Fefant. And this beches a Fefant.

The Closet, or Treasurie,

To-bake Chickens. Cap. 3.

Take and trusse your Chickens, the heads cut off, put them in the Coffin, then for every chicken put in every Pie a handfull of Goose berries, and a quantitie of Butter about every Chicken: then take a good quantitie of suger and Cinnamon, with sufficient salt, put them into the Pie, let it bake one hower and a halfe, when it is baken take the yolkc of an Egge, and halfe a goblet of Worinice, with sufficient suger sodden together, put in the Pie, and serue it.

To-bake Woodcocks. Cap. 4.

Peebole them, & being trussed, put them into the Coffin with swete Lardes aboue them, season them with pepper and salt, and a good quantitie of butter, let them bake one hower and a halfe, and so serue them.

To make Pescodes of Marow. Cap. 5.

First slice your Marow in length, drine your paste as thin as a paper lease: then take and laye small Raisins, Cynamon, and a little ginger and suger about the Marow, fashion them up like Pescodes, fry them in butter, cast vpon them Cynamon and suger, and serue them.

A Sauce for a rosted Rabbet: ysed to king Henry the eight. Cap. 6.

Take a handfull of washed Peperke, mince

of hidden Secrets.

it small, boyle it with butter and veriuice upon a chassingdish, season it with suger and a little pepper grossly beaten: when it is ready put in a fewe crummes of whits bread, amongst the other: let it boyle againe till it be thicke, then laye it in a platter, like the breadth of three fingers, lage of each side one rosted Conny or moe, and so serue them.

To bake an Oxe tongue. Cap. 7.
Geth the tongue till it be tender, then
Salice it vpon a board in fayre pieces: and take
a god quantitie of Marowe sliced small,
cast it into the bottome of the Pie, and laye
the slices of the tongue vpon it: and betwixt
every one some Marowe, and a little salte
vpon them. Bake it the space of an hower,
then tolde halfe a Manchet a litle at the syre,
and put the Coster into halfe a pint of red
Waine, with a litle Vineger, straine them
out together: then take Cloves, Space, Sis
namon and Sanger, seth them in the liquor
till it were somewhat thicke, make a hole
in the couer of the Pie, put it in, set the pie
against into the Ouen for a quarter of an
houer, and serue it.

To make Vineger of Roses. Cap 8.
In Sommer time when Rases blowe, ga
ther them, ere they be full spred vpon blowne
out, and in drye weathyr: pluck the leaues,
let

The Closet, or Treasury,

let them lyse halfe a day upon a faire boord, then haue a besset with vineger of one or two Gallons (if you will make so muche Rose,) put therin a great quantite of y lard leaues, stop the besset close after that you have lyset them wel together, let it stand a day and a night, then deuide your Vineger and Rose leaues together in two partes, put them in two great Glasses, and put in Rose leaues ymough, stop the Glasses close, lay them upon a besset under a wall syde, in the South side without your house, where the Sunne may come neare them the most parte of the daye, let them stand there al the whole sommer longe : And then straine the Vineger from the Glasse, and kepe the Vineger. If you do drie the dayes sake and straine out the Rose leaues, and put in new leaves of halfe a dozen gathering, the Vineger will haue the midde sason and boord of the Rose : iedynot into a cuppa with the halfe of Rose leaues, whiche that it may haue relation to the vertute of the Rose; beth at shal to you as to me Rosebrier, pouning small yarde Vineger of wine, white, red, or claret, but the redd doth most bind the belly, and the white doth most loose. Also, the Damask Rose is not so great a binder as the redde Rose, and the white Rose

of hidden Secrets.

Rose woseth most of al; whereof you may make
vneger Roset;

Thus also you maye make Vneger of
Wiblets, or of Elder flowers: but you must
firsse gather and vse your flowers of Elde
verne as shall bee the wroth hereafter, whiche
we speake of making Consuet of Elde
flowers.

To make Marchpane. Cap. y. 13

Take halle a pounde of blanched Almonds, and of white suger a quater of a pound, of Rosewater halfe an
ounce, and of Damask water a drachme, beate the Almonds with a littel of the same
water, and grind them till they be smal. To
them add a fewe coales of syre, till they boyle
thidde: then beate them against the
suger, hale: then mixte the boyle water
and them together, and to gather them and
fullie your Marchpane: then take v. cl. a
fierre of the Swardell making, cut them
smal, and vse them together with a littel su-
ger, and when ye haue made them as b. ead
as will serue your purpose haue ready made a
bope of grene Vassell wond, of the thichnesse
of halfe an yarde on the thiner side shalwe,
and on the outer side rounde and swelle,

Without

The Closet, or Treasurie,

Without any knags: lay this bope upon your
Wafer cakes aforesaide, and then fill your
bope with the geare aboue named, the thicke-
nesse of the bope, the same vnten smooth
aboue with the backe of a silver spone, as
ye doo a Carte, and cut away all the partes
of the Cakes, evn close by the outside of
the bope, with a sharpe knife, that it may
be rounde: then having white paper vnder-
neath it, set it vpon a warme hearth, or vpon
an instrument of yron or brasie, made
for the same purpose, or into an Ouen, after
the bread is taken out, so it be not stopped,
it may not bake, but anchy be harde and tho-
reue dyed, and ye may whilile it is myssle
sticke if full of Comfets of saphie colouris,
in a comely order, ye must moist it ouer with
Rose water and suger together, make it
smooth, and so set it in the Ouen, or other
instrument, the clearer it is like a Lanterne
horne, so muche the moare commendid. If it
be through dyed, and sent to a dyer and
warme ayre, a Marchpane wyl last many
yeares. It is a comfortable meate, meete
for weake folkes, such as haue lost the taste
of meates by much and long sicknesse. The
greatest secret that is in the making of this
cleare, is with a little fine foiner of rice,
Rosewater and suger beaten together, and
layde

of hidden Secrets.

layde thin ouer the Marchpane, ere it gos to
dyping. This will make it shine like Ice, as
Ladies report.

To gilde a Marchpane, or any other
kinde of Tarte. Cap.10.

Take and cut your leafe of golde, as it
lieth upon the booke, into square pieces
like Dice, & with a Conies tailes end
moysted a little, take the golde vp by
the one corner, lay it on the place being first
made moyste, and with an other tayle of a
Conie drie presse the golde downe close. And
if ye will haue the forme of an Harte, or the
name of Iesus, or any other thing whatso-
ver: cut the same through a peice of paper,
and lay the Paper upon your Marchpane, or
Tart: then make the boide place of the Pa-
per (through which the Marchpane appea-
reth) moyste with Nosewater, laye on your
golde, presse it downe, take off your Paper,
and there remaineth behinde in golde the
print cut in the saide paper.

To bake Quinces. Cap.11.

Pare them, take out the Core, perboyle
them in water, till they be tender, let the
water run from them till they be drie:
then put into every Coffin one Quince, in it
a godes quantitie of Marowe. Also take suger,
Sindammon, and a little Ginger, and fill the
Coffins

The Closet, or Tresurie,

Coffin therewith, close it, let it hake an
hour, and salconde it.

To keepe Quinces vnpared all the
yeere long. Cap. 12.

Take ripe Quinces, and at the great
ende cutte a stopple, then take out the
core cleane, and stoppe the hole againe
with the same stopple (but pare them not)
and perboile them a little, take them vp, and
let the water draine from them, then put all
the soyes, and some of the smallest Quinces
into little pieces all to cutts, into the water
wherein all the Quinces were perboyled,
and let them seeth till the liquor be as thicke
as molten syze that Painteres occupie, then
take it from the fyre and let it kale: in the
meane season couch your colde Quinces in a
barrell, or in an earthen pot, the greate ende
downde warde (if the stopple be out it makes
no matter), and one vpon an other. Then
put the liquor in, that it be a handfull ouer
and aboue them, couer them close, and after
itt, or v. daves looke to them, and when you
see the liquor sonke downe, put in more of
the same which ye purposely kept, to couer
them as before, then lay a boarde vpon them,
and stone, that they rise not, and couer the
barrell stolsg with a thicke cloth foulded, that
they haue no ayre, so let them remayne. And
when

When ye intend to occupie some of them, un-
cover the Vessel and ye shall finde a Creame
concring the whole liquor, breake it in the
middest, turne it ouer with your hande, then
take out your fruite in order, beginning in
the middest firste, then by the sides, so that
ye remoue none, if it maye be, but those
that ye take away: and every time that ye
breake the Creame, turne it ouer again into
his place, for you must knowe þ the Creame
keepeth out ayre, and keepeth in the strenght
of the Syrop, therfore it maketh muche to
the conseruation of the fruite to saue it, and
allso to see the Vessel close covered. Also when
ye will bake your Quinces, washe them
well and cleane in heare water, and bake
them as before is written.

To make Paste of Suger, whereof a man
may make all manner of frutes and other
fine thinges with their forme, as platters,
dishes, glalles, cuppes, and such like things,
wherewith you may furnish a table: and
when you haue done, you may eate them
xp. A pcalant thing for them that sit at
the Table. Cap. 13.

The gumm Dragant, as much as you
will, and scupe it in Rosewater, vntill
it be mollified. And for fourteynnes o
Suger

The Closet, or Treasury,

Sugre take of it the bignesse of a beane, the
juice of Limons a walnut shell full, and a
little of the white of an Egge: but you must
first take the gum and beat it so much with
a pestell in a Morter of white Marble, or of
Wasse, vntill it become like water, then pat
to it the juice with the white of the Egge,
incorporating well together. This done,
take seuer ounces of fine white suger well
beaten to powder, and cast it into the Morter
by little and little, vntill all be turned into
the forme of passe. Then take it out of the
Singe Morter, and bryeze it vpon the powder
of Sugre, as it were meale or flower, vntill
all be like soft passe, so the ryme you maye
turne it, and fashion it whiche way you will.
When you haue broughte your passe to this
forme, spread it abroade with Synamon, vpon
great or small leaues, as you shall thynke
it good, and so shall you forme and make
what things you will, as is aforesaide, with
such fine knacks as may serue a Table, ta-
king hede that there stande no hote thynges
nighe vnto it. At the ende of the Banquet
they maye eate all, and breake the platters,
Dishes, Glasses, Cups, and all thynges: for
this paste is very delicate and satyrous. If
you will make a thing of more hardesse then
this, make a Tarte of Almonds, stamped
with

of hidden Secrets.

with sugre and Rosewater of like sort, that Marthpanes be made of. This shall you laye betwene two pastes of suche bessettes, or fruits, or some other thing, as you thinke good.

To make fine blaunch powder for roasted Quinces. Cap. 14.

Take fine suger halfe a pounde, beaten in a hote Morter to fine powder, of white Ginger pared halfe an ounce, of chosen Synamott a quartet of an ounce beaten readie to fine powder, mixte them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damask water, in the beating of the suger.

To conserue Quinces in Syrop condicte, alway ready to be serued, in whole or in quarters. Cap. 15.

After your Quinces are coared and pared, scerb them till they be tender & folde: then lay them out till they be colde: in the meane time, take of the same licour two quarters or more (according to þ number of your Quinces which ye will keepe) and put therin the cores and some other small pieces, saeth them in the liqueur to make the Syrop strong, straine them, and put into the licour, being two or thre quarters, one pint of Rose water,

B.i.

The Closet, or Treasurie,
water, and for every quart of lyquo: , one
halfe pound of Suger : seeth them againe so-
gather on a softe syre of coles till the Suger
be incorporated with the lyquo: , then put in
your Quinces , let them seeth softly till you
perceue that your Syrop is as thick as lise
hony, then set them to keele , and take them
out , lay them in a tray or trene platter till
they be colde , then take one ounce of brased
Sinamon, and some whole Cloves, put them
with some of the Sinamon in the Syroppe,
and when it is colde laye a larde of Quinces
in your Glasse (called a gelatin glasse) or an
earthen pot well glased, then straue a syttle
of your Sinamon vpon your Quinces, then
polwe syre Syrop, laye on an other larde of
Quinces , and againe of your spice and sy-
rope, and so foy: till you haue done, and co-
uer them two fingers over with syrope a-
bove, couer them close: and within thre or
fowre dayns, looke to them , and when ye
 finde the Syrop shrinken downe, put in more,
and so reserve them. These are to be serued
in with Syrope.

So that the Quinces be fenderly sodden,
and the Syrop thicke and strong ynough.

Plums candift in Syrop. Cap. 15.

Take halfe a pound of Suger , halfe a
pinte of Rosewater , and a pinte of faine

raine

rainewater or of some other distilled water, seeth the sugar, and the two waters upon a soft fyre of coales, till the ame halfe be con-
sumed; then take it from the fyre, and when
it leaueth boylung, pouf therin halfe a pound
of ripe Damasins, or other plumbes, and let it
againe on the embers, and keape it in the
like hente, till the plumbes be soft, by the space
of an houre if need be, then pouf into some
cloves broosed, and when it is cold, keape it
in a Glasse, or in an earthen or Gallpot; the
stronger the syrop is with sugar, the better
it will continue, Some put iust the syrop
S inamor, Saunders, Nutmegges, Cloves,
and a little Ginger; seeth them not hastily for
feare of much breaking.

To make fine Rice pottage.

Cap. 16. in Boke 3.
Take halfe a pound of Apron Almonds,
and halfe a pound of rice, and a Gallon
of running water, and a handful of Oyle
barke, and let the bark be boyled in the run-
ning water, and the Almonds beaten with
the halles full on, and so strained to make
the nice porridge withall.

To make Marmalade of Quince.

Cap. 17. in Boke 3.
After that your Princes are ready,
ready to be kepte condit as before in
25. y.

The Collector Treasurie,

the Chapter is written, then with some of
the Quince wherein they were sodden (but
without any Spice) beate them and drawe
them as ye woulde do a Carte, then put
some ouer the fire, and seeth them softly, and
in the seething I crewe by little and little of
powder of Suger the weight of the Quinces,
or more, as your taste shall tell you: stirre it
continually, put thereto some pure Rose wa-
ter, or Damask water, let it seeth on height,
till it be well blanding, which thing ye may
knowe, by taking some of it upon a colde
knife, smotre it keele, if it be stiffe, then take
a bit, and baxe it while it is warme, and set
it in a warme sydie syze: if you will gilde
your Marmalade, do as afore is spoken of a
Marthpatte.

The best making of a Marmalade is
when the Quinces haue layne long, and are
throughly ripe, and very yellowe, as in Lent
Teason.

Item to geve the same as Quinces are by
singe, and therfore not good. so some sick
folke toake, it is necessarie to put a god
many of ripe Apples of god vertuse, as Ox-
net, Pepper, Lording, Museling, Pomerall,
Rex pionorum, or any other Apple that is
pleasant to the fatheng hym, bothe firste
and fowle from a Carte, and thony sowen a-
mong

mong the other matter of Dainties. Thus shall you make your Marmalade somewhat souple, and also encrease the quantite and merture of the same, especially if it be well washed with sweet water.

To make Marmalade of Damsons, or

Prunes. Cap. 18.

Take Damsons which are ripe, boyle them in the fyre, wash a little space with water, till they be softe, then draine them through a course Bouker as you make a Tarte, set it on the fyre againe, lase it an height with sufficient suger, as you bid your Dainties, bathe it with sweete water, and boyle it al daunce, this shal be a good Marmalade if you will make it of Prunes, an likewise who putte some Apples also to it, as you bid for your Dainties.

This wch you may make Marmalade of Wardenes, Peares, Apples, and Spindars, Herries, Cherries, or Strawberries, cutte one by on selfe, and else, mixe it together, as you thinke good.

To make Succade of Peeles of Oranges

is quicke Limonades Cap. 19.

Take first take off your Peeles by quarters, and lase them in sayre water, from three quarters, to thre pintes, then take them out, and put to as muche more
B. iii. water,

The Closet, or Treasury,

water, and lase them likewise, and so to
gaine, in the water wherein they are so-
ven haue no bitternesse at all of the peales,
then are they ready. Nowe prepare a syrop
as ye do for Quinces condit in the syrop
therby Chaplet before written, lase them in
a glasse oþ pot.

Tolnako's Poem of Ginger, Cap. 20.

¶ Take the Rases of Caled Gingek of the
quicke sayrell, and boyle them as followeth: Lay
the white head lame of sayre samul upon a bole
stone on the grounde haile wodde thicke; Then
lay yowt Rases vpon Gingek vpon the same in
order; rochet the Gingek wch. comre saame
fowre or five fingers thicke, sprinckle the sand
ther with wafer water, twich and dryg that
it be dryggs, thus dayly do until yor shalbyer
ceme your Rases to be sole. When take upp
yowt Rases, washem with wate, then
cleane hem as yow ready madens alome
tis laise, saely ther in it and ther be well se-
aled stalle them uppon wch. soome of the
Hyzop, cast them, or put them into posse of
ginger to also. To curen? sete o

To make Man's Christ, b Cap. 21.

Take halfe of poudes of white sugar,
put thereto lxxviij ounces of bole wa-
ter, sett them upon a hot fire whiche
till the water be consumed, and the
suger

OR MANNER OF CURE.
Simplis of R. Col. 1. & T.
Ginger is become harde, then put thereyn a
quarter of an ounce of the powder of pearls,
stirre them toell together, put so, euerye
spoonfull a pece of a leafe of gyde culpe of
purple: cast them upon a leafe of white pa-
pet, beeting hitt amidstected unto the oyle of
Swete Almondes, or Swete butter, for clea-
ning so.

To make Ipoeras. Cap. 22.

Take of chosen Sennfon two ounces
of fine Ginger the culpe, of Grammes
halfe an ounce, booke them hit, and
mathe them in to a pouer of good odiferous wine, with a pound of kynget,
by the space of fourte and twentie hours,
then put them into an Apotropaie bagge of
wassen, and so receve the liquor. When ready
to use lay it to drye the kynget with the
halfe poundes of Sander, and the wine into a
botter of a stonye potte stopped tyme, and
aftere fourtide houres it will be ready, then taue
a thynne linnen clothe, or a piece of a boulter
clothe on the mouthe, and let in so muche
dryned as ye will accorde hit obre, and keepe
it well close, so it will be well keepe both
the kynget and vertue of the wine, and
thus .vj. moneths.

B.R.H.

To
Ha. 13.

The Closet, or Treasurie,

To make Conserue of Roses, or other Flowers. Cap. 23.

Take the buds of red Rosles, somerhat before they be ready to spread: cut the red part of the leaves from the white, then take the red leaves and beat and grind them in a Stone moſter, with a pestle of wood, and to every ounce of Rosles, put two ounces of Sugger in the grinding (after the leaves are well beaten) and grinde them together till they be perfectly incorporated, then put it in a glasse made for the no[n]ce, and of purpore, or else into an Earthen pot, ſtop it cloſe, and ſo keepe it.

Thus you may make Conſerues of all kiude of flowers, uſed therewith.

The vertue of the Conſerue of Rosles.

Conſerue of Rosles conſerveth the ſtreake, the heart and all the bowels, it maliſteth and loſteth the bowels, and is good againſt blacke Choller and ſyntancoſie. Conſerue of white Rosles þerof loſe the bellie moſe then the red.

To make Conſerue of Violets. Cap. 24.

Take the floweres of Violets, and pick them from the ſtalle, beat and grinde them with ſugger, as god bid you Roseſ: to these put double the weight of ſugger, to the weight of Violet flowers, but to all

of hidden Secrets.

to all flowers put these partes of sugreye
one pait of the flowers.

The vertue of the same.

Conserue of violet flowers is good against
the heat and inflammation of the heart, ray-
led yellow rossiter, it quencheth the heat
nesse, it maketh the heart moist and solable.
The Vertue of the Conserue of
Buglossc. Cap. 25.

Conserue of Bugloss flowers, comforteth
the hotte heart, it is good for the braine
for the Lunatick, and for melancholie,
it is good for the huncop and sorrowing, it
keth away heart burning, and tremor of
heart by stonck. it protereth against stroke.

The vertue of the Conserue of Borage,
Cap. 26.

Conserue of Borage flowers, is of like
vertue, it is especially good against blaines
tholle, by syntake boone, it and that hath
one merite.

The vertue of the Conserue of Rose-
Hanse. Cap. 27.

Conserue of the flowers of Rosemarie,
comforteth the colde and moistt braine,
it countreth also the smokes, it is good
against melancholie and sleeisme.

To keepe Cherries Condict, or
Gooseberies. Cap. 27.

Take

The Closet, or Treaurie,

Make your syrop as for plummes, then take halfe a pounds of Cherries, & cut off halfe the length of the stalk of every Cherry, & putt them into the syrop, and use them as you did the plummes, putt in what spice that pleaseþ you, and so keepe it as before is written: but make your syrop strong enough of suger, least it ware hore and corrupt, then must ye make a new syrop stronger of the suger, and putt the Cherries in it to keepe, as before is laide. Thus ye may do with Colcheries, to make of them Cartes or Palmes all the yere long, saving that the Cherries may be well sodden without breaking, because of their rough skynne, so if be gently and diligently done.

The vertue of the Conserue of

Succarie, Cap. 28
The vertue of Succarie is good against y^e colde and blanke choller, and in the burning and heate of hote fevers.

The vertue of the Conserue of Elder-flowers, Cap. 29

The vertue of flowers of Elder, is good against the Mopphew, it cleareth the stomachme and the whole body from scabs. Gather the clusters, or bunches whereon the flowers grow when they are newe blowne and

and spread: lay them upon a fayre shete a-
broad in a Chamber a day or two, till ye
that perceiue the hollowe will shake off and
fall away: then picke them cleane, and make
therell Conserue, as yadore other flowers.
Anemones. it is more holosome then ple-
asants; therefore putt some other Conserue
(suche as yonthis) amongst it; then it will
occupie the chamb're. 1000 le yd. 1200
The vertue of the Conserue of Sowrell.

Cap.30.

Conserue of Sowrell is good against all
moultyness of heatnes of the stomake, and
against the pittifall partes of the body, and
against greate Choller, a rottid hempe cut to
the quinchunes of foxrell, wash them
cleane, and shake off the water cleane, and
tarty! Wlche water be dried cleane, crete
them, and grinde them with suger, as aboue,
and therell cure the bo. 2100 le yd. 1200
The vertue of the Conserue of Mai-

roses: therell cure haines. Cap.31. 1200

Conserue of the heanes of Maydenheire
is good against the sicnesse of the side,
and agle. 1000 le yd. 1200
The vertue of the heane, and of the lights, and
the almonches of apelancholis, and against
crede of Choller. Make it as you do conserue
of Sowrell.

1200 le yd. To

The Closet, or Tresurie,

To make Conserue of Elicompania our
Rootes. & Cap. 32. n. vi. 680.

Take the rootes of Elicompania, wash them
cleane, slice them into pieces y as big as
your thumb, sceth them in saltewater,
till they be tender, take them vp, and powne
them, and draw them through a thre. steme,
and therefor in the second settynge, the double
or treble weight of suger, and when the su-
ger is perfectly incorporated, take it off hand
keape it.

In this Chap. The vertue of the same folio.

Conserue of Elycompania is good to com-
forte the stomake, and the nourishing

of the members, it maruelously helpe
to drye strawme, distolath, and conserueth the
sane, by the siege it auereth ill ons, & rem-
edie maketh conserue of Acorns, of Gladens
auereth the vertue of this same: Cap. 33. n. vi.

Take the Rootes of yelbowe Hellebore,
which groweth in moist ground,
otherwise called a flange rote: wash
them and scape them, sceth them, and
order them as y e bo of Elicompania mode last
before rehearsed, and so scape it. This con-
serue is good against all sicknesse of the herte
and sinewes, & against all diseases of the mem-
bers, when it openeth naturall burst and
tearmes.

And

And you must generally learne, that in making Conserues, frutes and rotes are made with fire and seething: but flowers are made without fire or seething. Wherever the more sugar or hony is put into them, so it be not past three pound to one, the Conserue shall continue the better.

To make conserue of Strawberies, with
the vertue of the same. Cap. 34.

Take Strawberies one quarte, cleane
picked and washed, set them on the fyre
till they be softe, straine them, put thereto
two tyme as much sugar in powder as
weight of the Strawberies, let them seeth
till the sugar be incorporated with the
Strawberies; put it in a glasse or earthen
pot well glased.

The vertue of the same.

The Conserue of Strawberies is good
against a sore luer, burning of the stomake;
and specially in the fervent heat of an ague.

Thus make conserue of Damaskes and
Prunes.

To make conserue of Cherries and
Barberies. Cap. 35.

Likewise you muste make Conserue of
Cherries, and also of Barberies, sauting
that these require more sugar then those
they do, which are not so syrpe as they be.

¶ Here

¶ Here is to be noted, that of Conserues
of frutes may bee made Marmalader: for
when your Conserue is sufficiently sodden,
and ready to be taken off, then seeth it more
on height, and it will be Marmalader.

¶ Moreover, some make their Conserue,
Marmalade, and Syrops, with cleane suger,
some with cleane hony clarified, some with
suger and honie together: and after the opi-
nion of some great Clarkes, honie is more
hotosome, though it be not so toothsome as is
suger.

To makall kinde of Syrops.

¶ Take Bugloss, Morage, white Endive,
root of each one handfull, of Rosemary,

Tyme, Hysope, winter fassiter, of each
halfe a handfull, seeth them (boeing
fir fulakeli betweene your handes) in thre
quarters of water unto three pintes, then
straine it, and put in the liquor whote gloves
an ounce, powder of sinnamon halfe an ounce,
powder of ginger a quarter of an ounce, one
Putney in powder, of suger halfe a pound
or more: let them leeth upon a soft fire, well
stirred for burning to, unill it come to the
thicknes of lye honey; then keep it in Galley
pot. If you put one pint of Palmsay in the
seconde scething, it will be better. When it

of hidden Secrets.

is perfect, haue sixe graine of fine Muske in powder, stire it amonst your Syrop, as you put it into the Galley pot; and cover it.

This Syrop will last many yeres, and is excellent against sorrowing and faintnesse of heart, it comforteth the braine & sinewes, if it be used as muche as a Haselnut at once, at your pleasure.

A Violet powder for wolleh clothes
and Furres. Cap.37.

Take of Ircos two ounces, of Calamus Aromaticus three quarters of an ounce, of Cypres, of Galingale, of Spikenall, of Rose leaues dried, of each a quarter of an ounce, of clotes of Spike, of Lauenuer flowers, of eache halfe an ounce, of Nigella Romana a quarter of an ounce, of Beniamini. of Storax Calamite, of eache halfe an ounce, let them be all finely beaten, and seadous: then take two or thre graines of Muske, mixe solue it in Rosewater, and sprinkle therewer vpon the powder, and turne it vp and downe in the sprinkling, till it haue dyncken vp the water; when it is drye keepe it in bagges of Wilke.

A sweete Powder for Napierie, and alia Linnen clothes. Cap. 38.

Take of sweete Mariorum (that is herte, that is the sweeter) when it bath in him

s&d. 9

The Cloister, or Treasurie,

seedes ripe, cut the branched, so that the
root may spring againe, when this Mariorum
is dried, then rub out the seedes and
kepe them to solue about Easter, and the
huskes and leaves that growe about the
seedes take for your purpose, rubbe them
small betwene your hands (for if you beate
them to powder in a Morter, they will lose
the moste parte of their sauour) then take of
white Saunders, or of grey Saunders, but
take that they be newe of right sweete o-
dour, for if they be olde and haue no pleasant
and quicke odour, they are nothing worth:
take (I say) of these sweete Saunders beaten
into fine powder one ounce, and put it into
an ounce of your sweete Mariorum, rubbed
betwene your hands, as before is saide, and
thpon put one or two graines of muske ther-
vpon, for your wearing linnen it is the bet-
ter, booke these vp in a Dilke bagge together
and laye it among your Linnen, of suche
bagges haue a dozen or two, which will con-
tinue many yeres, and when you looke to
your Linnen, then chafe each of the bagges
betwene your hands, that they may yelde
out their sweete odour. Moreover, in the sum-
mer time, gather red Ricles in faire weather,
so soone as they be blowne, and opened, laye
them vpon a Table, a bed, or a faire fumre

of bordes, and noise and then remoue them, least they moule, and ware soystie. When they are drye, picke off the leauers, that you may haue two perkes of them, then strawe them among and betwene the boughtes and fouldinges of your Linnen, with the handfull of drye Spike flowers, to sixe handfull of drye Rose, and lay your sweet bags amongst them. Be sure that your Lymett be ever through drye, or euer ye lage them vp, or else the Rose will ware hore, let your coffer in a drye ayre, and in the winter time, or in wet weather, when ye perceiue your Roses to ware moiste, then put them into a pillowewerke or twaine, that they fall not out, and lay them vpon your bedde, betwene the Couerlet and the blanket all night, or else before the fyre, let them drye, and strawe them againe.

Moreover, ye must alwayes haue a bagge full of drye Rose in store, kept in a drye ayre, for if he lose his rednesse, the loseth the Rose his sweetnesse.

Finally, ye must every yere put awaye your olde Rose, and occupie new, but haue your sweet bags still many yeres.

To make a Pomamber. Cap. 39.

Take of Beniamin one ounce, of Storax
Calamitate halfe an ounce, of Labdanum

C.i.

the

The Closet, or Treasurie,

the eight part of an oynce, beat them to powder, and put them into a brazen Ladle, with a litle Damask or Rosewater, set them ouer the fire of coales, till they be dissolved, and be soft like wax. Then take them out and chafe them betwene your hands as you do waxe: then haue these powders ready, finely searced, of Sinnamon, of Cloues, of sweete Sainders, grapp of white, or eth of these thre powders halfe a quarter of an oynce, unte the powders with the other, and chafe them wel together, if they be too drye, mysten them a litle with some of the Rosewater leste in the Ladle, or other: If they ware colde, warme them upon a knyfes poynct, vnt a Chafingdible of coales: then take of Amber Greace, of Muske, and Civet, of eache thre Graines, dissolue the Amber Greace in a lenger spoune over the hote coales, when it is colke make it small, put it to yout Muske and Civet, then take your Pome that you haue chafed and gathered together, and by little and little, (with some sweete water if neede be) gather vp the Amber, Muske, and Civet, and mixe them with your Ball, till they bee perfectely incorporated, then make one Ball or two of the lumpe, as yee shall thinke good, for the weight of the whole is above two ounces, make a hole in your Ball,

of hidden Secrets.

Ball, and so hang it by a Late.

If you perceiue that the Ball is not tough enough, but too brittle, then take a certeine of Storax liquida, and therewith temper your Ball against the fire, but take not too much Storax liquida, because it is too strong.

Or the better way is to haue some Chincalico called Wagaganthum, ready dissolved in swete water, it will bes dissolved in two daies, and with that gather your Ball with the heate of the fire: this Ball will be of like goodnessse, within as without, and of great pice.

¶ Some men put in the making hereof, three or four droppes of the Oyle of Sopha, beware of too muche, because it is verie strong.

¶ When you will haue your Ball prepared in Swetenesse, breake it, and haue therin three graines of Spicke, or Cinnamome, or Amboyna greace, as you delight in, or altogether, dissolve them in Rose or Damask water, and with the same chafe your Ball ouer the fyre, till all be drunken in, then pearce a hole as before.

Cy.

To

The Closet, or Treasurie,

To make a fine Fumigation to cast
a shadow on the coles. Cap. 40.

Take of Beniamin one ounce, of Storax
Calamite halfe an ounce, dissolve them
as for a Pomeander, then haue ready
these woods in powders, or one of the
Ginger, or Cypres, or of white Saunders,
and Cloves, of either halfe a quarter of an
ounce, all in fine powder, mix them all toge-
ther, and with some Storax liquida gather
them together with the heate of fyre, then
make them round, of the bignesse of a blacke
Sloe, and with your Seale print it a Cake,
while it is warme and soft.

¶ Of these cast one or two upon a chaffing
dish of coales, to purge all pestiferous infec-
tion and corrupt ayres out of your house: If
you put to the other thinges, the powder of
Amber beades, it will be the swarter.

Some put also Labdanum, as before is
laid: in making the Pomeander, herein do
the labour thereof shall please you.

To make the same in Oselets.

Cap. 41.

Take a little of the fine powder of Sali-
loir, or willow coles, mix it with some
of your fumigation last before named
in the making worke them well toge-
ther,

ther, then fashion it with thre or four seete
like a Cloue, and when it is drye, kindle the
end of it at a quicke Coale, and it will yelde
a sweete labour, put not too much coales, for
then it will labour of them; put not too little
coales, for then it will not kepe fyre? put
not too much Storax liquida, for then it will
be to brittle and to moyt, and will not light
in drye: therfore it shall be very well to bathe
some gumme of the Cherrie tree, or Iolant
tree, which they call gummie Arabike, and boyle
some of it in swete water, till it be liquid
and tough, with this gather your Sielets, or
other fumigations.

A moyst Fume vpon a Fuming dish.

Cap. 4²

Take a piece of Roseamber, as bigge
as a Basell ppat, boyle it, put it into
your fuming dish, with swete water,
put therevnto a felpe Bay leaues, the
mucho of dried Bassell leaues, a littell Rose-
marie, and let it ouer the fyre, upon a Comp-
toned ppat in forme of the Roseamber, but
the oþer parte of the Cakes before burning,
broke in small, and nine or ten Rose cloves:
and if you will haue it excellent sweete, then
put one or two grauns of Nutke, and let the
leaues and them stande ouer that fyre togethe-
ther, as before is laide.

C. 13.

A. 13.

The Closet, or Treasurie,

A Fumigation for Presse, and clotties, that
no Moth shall breed therin. Cap. 43.

Take of the wood of Cyrette, of Camper,
of Rosemary dyed, of Storax Calamite,
of Benjamin, of Cloues a like weight, beaten
into powder, then take of the powder
of automeloma leaves dyed, as miche as
all others: mixe them well together, take
thereof upon a chaffing dish of coles, and let
it burne, and shut it close, and thus do
it tyme, till you haue well fesoled your
uelle or coole.

A powder wherewith to make sweete
waters. Cap. 44.

Take of the wood of Cyrette, of the rootes
of Galingall one quarterne, of Calamus
Aromaticus one quarterne, of Brace or I-
ris one quarterne, of Clomes the quartaine,
of Storax Calamite one quarterne, of Benia-
myn one quarterne.

Take also of each of these bytance
one quarterne, let all be beaten into powder:
and then mixe with them your rooses, till
they haue mixt with the rooses, add a fewe
Cloues flowers, and upon the toppe of somme
of a foyre ounce of your powder, and to vntill
them, and to a quantity ouer go and tye
Some put a littell of the powder of Nigella
Romana, to the other powder.

These

These Cakes will bee very swarte, put the water in a large Glasse, and to the Pot put therin Craines of Muske, let it hang in the middest of the water, in a thinne linnen cloth, with a thred, let it in the sunne twentie or thirtie dayes, then take the Glasse off, and set it in a dry ayre.

Another maner of making of Damask water, Cap. 45.

Take of Arace, or Iris, of Spike flow-
ers dried, of Cloves, of each one ounce,
make them in powder, put them toge-
ther, with a pinte of New ale in cornes,
and one pinte of roselwater in an earthen pot,
put thereto a good many of greene Roseleaves
let them sooke in it a night time, stopped close,
in the morning when ye shall Distill, firste
laye other Roseleaves in the bottome of your
distillorie, for feare of cleaving fum, then take
of the Roseleaves out of the potte, and putt
them with other greene Roseleaves, in your
distillorie sufficient, and to the water putt
spulse, as aboue is laide. This water is ex-
cellent to set forth a Cart, an Apple myghe,
or Almond butter.

Powder of Holland against Collicke, and
the gnawing of the belly, Cap. 46.

Take Cinnamon, Anis seede, Fenell seede,
Common seede, of eache a quarter of an
ounce,

The Closet, or Treasurie,

ounce of Mauell Lyquoris three quarters of an ounce, of Galingall one ounce and a halfe, of Spikenard a quarter of an ounce, of Sene of Alexandria two ounces: beate them all into fine powder, and serue them, whereof take a quarter of an ounce in a messe of Pottage.

Powder to make the belly soluble, causing a gentle laske: meete for Noble

personages. Cap. 47.

Take Sene of Alexandria, one ounce, of fine Ginger halfe a quarter of an ounce, of Anny's Seede a quarter of an ounce, beate them into fine powder, & searce them, put of this powder into your Sot suger, and make losings as before of the whole, the nomber of lixtene, wherof dis-solve two of them in a messe of pottage, or in a cuppe of wine fasting in the morning, and fasse one howe after: if you doo putt as much of Suger in powder as the weight of the whole powder, ye may keepe it in a bladder, and the whole powder will serue eight times to receive, as when now it is fad.

A receipt to restore strenght in them that

are brought lowe with long continuall sicknesse. Cap. 48.

Take of the brayne of a ffeathir, or Mar-ridge, or of a Capon boordyd rodded, or else a quarter of an ounce, strepe them

Item in Rosewater two houres; of the kerne
ells of pynes, called pinacioysen, and of the
kerneell of the pine apple, of eache a quartill
of an ounce: of Ninnamon in the powder the
weight of twenty Barley cornes, of the lea-
ves of Dianthus, Diamargariton, Letiscen-
tes, Galents, of eache the weight of Tyme
graines or Barly cornes, of the rinde of Gil-
lion, Peson, Gode, and Cucuminer, of each
the weight of ten graines, the skinne taken
off, let them be all grounde small, then take
the ounces of Souer, dissolved in Rose-
water, sett it by height, as for Loosings, and
when it is sodden yndough, then putt in all
the other gearre, and make Loosings therof.
Wherof one is sufficient at once, dissolved
in a messe of Pottage, or a drafe of drinke:
thus do two or three fittes every day.

In this case, against the paine of the bowels, may
use this. To make Loosings. (Cap. 49.)
Take halfe a pound of Sanguine, and as much
Rosewater, or other distilled water, as
will spannes Chilli, sett them like wise,
and wherof ye will chuse when it is sodden
in boyle, take out some boyle & staine yowre
handes, and if it be yowre like Souer,
then it is sodden yndough: then putt into it of
any of the powders herafter next follow-
ing

The CLOTH, OR THE CURIE,

ing one ounce: Stirre them well togesher, lay it upon a paper oyle, drise it as thin as you thinke maye, lay it on your Colde leafe with a Conies tayle, cut your Leasons Diamonde fashion, and so keepe them.

To perfume Gloues. Cap. 5 P.

Take the Gloues & Wash them in Rose water or Damask water, til the scurfe that is of the leather be gone, and then stretch them forth softly, and keepe the water you wash them with still: then hang them by hande, and therday them in a cleane linnen cloth, that is foulded ther-as square double, And when they be drye, let them lye in Rose-leaves dyed a day or two, then take oyle of Sweet Almonds, and Muske, and grinde them together vpon a Marble stane, Stretch them forth softly & lay with your hande annoynt your Gloues ij, or iij. times, and ever among stretch them forth, then let them drye, and ever stretch them forth softly, as they drye. When take Sandifer mixed with a little Ambergrease, and strawe the pgluer of it thindly vpon them, and lay them in a paper, and war heate, & also melt the Ambergrease: with the quantite of Rosewater, therwith the sandifer in it, and so annoynt the Gloues with the same: then let them drye, and lay them in faire white paper.

(vi) 213 perfumē Glōves another way.

Take the Gloues and washē them as aforesайд, three or four times, and answering them every time softly, then take gummē of Dīsagāgant and drape it in the Damaskē Water and mythes, then straine the Water through a fine linnen cloth and take the Camme and have it with a vunce of Amber greace and a quarte of an ounce of Muske, first grinde þat Amber greace with oyle of Worpentine, then mingle it together, and roule your Gloues with the same, laye them dry, and lay a paper betwix them, and so let them dry all day, and the next night adde to it one, and the next day add to it another. A preparatiſe for Gloues.

Washē the Gloues, as aforesaid, till the sent of the Weather be gone, then take Beniamin two ounces, of Storax Calamite and Sennire, let them be very fine, then take oyle of Chioe Romorindis and mingle it with Beniamin and Drakē, appon a sparble stond wylt hem to d̄ewell grumbre, þan com to þe earthen poynt with þis oyle of Chioe Romorindis, then poure þis oyle on þe Gloues in powder, and so let it stande verye cloase couered: and when you haue þis, take a little Rosewater in a Spangle, and rubbe the Gloues softly, and then in þis maner

The Cloet, or Treaurie,

manner with the Oyle called Civit oyle for
the same purpose.

4. Another way.

Take twelve graines of Musk, six graine
of Amber greace, three graines of Sto-
rage Calamite, six graines of Beniamin,
and a few Cloues : grinde all these together
with oyle of Civit, Almonds. First wash your
Gloves with frasses, dissolved a day in Da-
maske water,

which doth 5. Another for Gloves.

Take your Gloves and washe them in
rosewater, once or twice, till all the
scurfe be gone from them, and then let
them drye, and stretch them well out, fin-
gers and all. Then plaine them, and washe
it twice or thrice, then take two ounces of
Sooth, & as much Beniamin, made in pow-
der. Wash your Gloves all over, on a smooth
shoode before the same, then hang them so
dryed and when they haue dryed, save the powder
that is left, which will be about a drachme. Then
take a pint of Rosewater, and two
ounces of Storage, and two ounces of Benia-
min, put all these in powder, & then cast them
to the Rosewater, & let them stand for a day
& night covered. Then take a fine cloth, and wash them
so well, that this glistering powder doth alway
remaine.

6. An

Of hidden Secrets.

6. Another way to perfume.

Take Amber greace a dram, of Musk halfe a dram, of Fusses a dram, of Civet halfe an ounce, put al these together in a pint of Rosewater, or Damaske water.

7. Another way.

Take a dram of Amber Greace, a dram of Beniamin, halfe a dram of Fusses, a dram of Storax, a quartet of an ounce of Labda, nym; put all these in Rosewater.

A perfume for Chests and Cupboards,
and also for Gloues. Cap. 52.

Take Beniamin and Storax, of eache one
ounce, Labdanum and Fusses, of eache
quarter of an ounce, halfe a dram of Civet: if
yon burne it for Chestes or Cupboards, brase
it in a hole morter. If it be for Gloues boyle
it, and put it to Rosewater.

To colour Gloues. Cap. 52.

You must haue hulles of ground Wal-
nuts, that muste lye in water all the
yere long: roll them well with these
hulles, and make them as drie as
you may.

How to colour Gloues yellowe within.
within.

To colour Gloues yellowe within, take
the yolkes of twentie Egges, and
put

The Closet, or Treasury,

put them in a ffrying Pan, with a soft fyre; stirre them evver, and bruse them with a La-
die, and the oyle that ascendeth of them, bre-
ing anointing on the inside of the Goures,
will make them looke yellow.

To make Muske Sope. Cap. 53.

Take strong lye, made of Chalke, and stire
one pounde of stony Chalke, foure pounde
of Darke Soot, and put them in the Lye
in an earthen pot, and mingle it well, and
keepes it the space of fourtie dayes, and min-
gle and stire it thre or four times a daye,
till it be consumed, and that that remaineth
seven or eight dayes after, then you muste
put a quarter of an ounce of Muske, and whe-
n you have done so, you must also stire it, and
it will smelt of Muske.

To make red Spaling waxe. Cap. 54.

Take to one pound of ware three ounces
of cleare Turpentine in Sommer, in
winter take foure; melt them toge-
ther with a soft fyre, then take it from the
fyre and let it cole: then put in Micromillion
very finely grounde, and Sallet oyle, of each
an ounce, and mire them well together, and
it is perfect good.

To keepe Damasins in syrop. Cap. 55.

Take Damasins, and picke them with a
knife or a pinne, then take clarified Su-
ger, as muche as you shall thinke will
serve

Certeine, and then you muste boyle it till it be
thicke as hir blyme. When boyle your Damasins
in the clarified suger till it be softe,
then take them vp and put them in a Glasse,
then you muste boyle the syrop, till it be as
thicke as the other was, before you put in the
Damasins. And alwone as it is so thicke, you
muste poure it into the Damasins, and so co-
uer them clost.

To know whether a woman shall cuer
and helpe to conceiue, or no. Cap. 56.

Take of the raine of a Hare, and hauing
frayed and consumed it in hote water,
givit the woman to drinke in the morning
at her brekefast, then let her stande in a hote
bath. And if there come a greese or paine in
her belly, she may conceiue: if not, she shall
never conceiue.

To make a barren woman beare
children. Cap. 57.

Take of these little sea fishes, called in
Latin Polipos: Polipodes, and roast them
upon the Embres without ale, and let the
woman eate of them, and it shall profit her
helpe very much, hauing in the meane time
the companie of a man.

To make women haue a quicke and speedy
deliuernace of their children, and without
paine, or at least very litle. Cap. 58.

Take

The Closet, or Tresurie,

Take leades of Bittanie, and stamp them
or els make powder of them, and giue the
woman that laboureth drinke of it with a
little water, and she shall be delivred incon-
traint without any great paine or labouer.
For the gnawing in a womans
Stomacke. Cap 59.

Take a good handfull of Soperement, and a
handfull of wormwood, and beate a tile
stone, and laye these two things on it, and
make a little bagge, and when the herbes
be hote, put them in the bagge; and so lyps
them to her stomacke. Cap 60.

To make a sweete Damasko powder in
any maner of wayes, and iust ta-
ke two or three handfuls of dryed Rose
leaves, two graines of Spiken, halfe an
ounce of Cloues, and beate these all to
powder, and narrowlye combed together.

2. Another waye

Take six ounces of Drace, sixe dunces
of Cloues, two dunces of Storax Ca-
lamite, one ounce of Labetarium, with two
ounces of yellowe Sandies, and a littell
Spiken.

3. Another waye

Take two dunces of Cloues, sixe dunces
of Drace, sixe dunces of Storax Ca-
lamite, sixe dunces of Roses, three dunces
of

of Beniamin.

Another way.

Take threounces of Cypres, four ounces of Beniamin, two ounces of Coriander by Labdanum, threounces of Sedge calamite, two ounces of Roses, beate all to powder.

To make Pepper soft : with the vertue of the same.

You shall do this after the same manner as is shewed for greene Ginger, in the Chap. that is with sand, and the like Syrope, season and keepe them. Ginger and Pepper in syrop, comforteth a cold stomach, and helpeth much to good digestion.

To keepe Barberies.

Take clarified Huger, and boyle it till it be thicke, which you shall perceiue, if you take a little betweene your fingers, it will rope like birdlime : then put in your Barberies, and let them boyle with a softe syre, untill you perceiue they be tender, then put them in a Glasse, and cover them, and so keepe them.

For the ague in a womans brest. Cap. 69.

Take Hemlocke leaves, and strie them in swete butter, and as hote as they maye suffer it, lay it to her brest, and lay a warms white cotton, and it wald

The Closet; or Treasury,

drive it away in short time.

For the vnnaturall heate of the

Liver & Capewort Cap. 3.
Take Borage, Bugloss, Savory, Clo-
verlettes, & untempered Hop buds, fe-
welf buns, of each a quarten of a hande-
full, young Mallowes and Mercurie of each
halfe a handefull, boyle these in a pottle of
Whey, and straine them.

For the canker in the mouth Cap. 6.

Take halfe a pinte of Rose, and a sprig of
Rosemarie, and scath them together, and
scum your Ale, and then put in a piece
of Allum, as much as a peat, and a sponefull
of Hony, and this sponefull of Youngsuchis
water.

To make the face fayre, and the breath
sweet Cap. 3, about 1.
Take the flowers of Rosemary, and boyle
them in white wine, then wash your
face with it, and use it for a drinke, and
so shall you make your face faire, and your
breath sweet.

To make haire as yellow as golde Cap. 6. 4.

Take shalots, scrapings of Jun-
iper, bark, and Cynamon, with
aniseed, and after you have bathed
your head with it, you may wet your
haires with a sponge dry some other leath,
singe

of hidden Secretes.

and let them drye by the sunne, or in the sunne
After this, wet them and drye them againe,
for the drier they do it the fayrer they will
bee, without hurting your heade any thing
at all.

To drue away all venomous Beastes
from your houle. Cap. 65.

Take Joniper, the seede of Agnus Castus, the shels of riuier Cresces, Harts
horne, the greate or suet of a Bucke,
Berse or towne Cresces, Organum and
Dittanie, make of all these drugs a dewe or
paste. And when you will use or occupie it,
burne it, for wheras the smoke therof goeth,
the beastes will voyde awaie.

Against all poyson eaten or drun-
ken. Cap. 66.

Having knowledge that any man is
poysoned, the cheef remedy is to make
him vomite the poyson, in giving him
drinke. Dyle Olive lake warme to drinke
alone, or mirt with warme water. And if
you haue no Dyle, giue him Water with
hote water; or with the decoction of Lyne
seede, or the seede of Pettles, or of Semigrecum,
and all these things purge the stomache
as well downewarde, as upwaide.
After haing made hem vomit divers times,
you muste purge him with sharpe glisters
downe.

D y.

The Closet, or Treasury,

nowewarde. Then give him water mixt
with Honie , and also olde wine ynough to
drinke. But if you can get god Triacle or
Mitridate , they are the p;incipall agaynst
poysons, with Terra sigillata. Acoyne shels,
and glie it him in god wine. Let his meate
be the fatte fleshe of olde Beastes , and fatte
broches, specially of Hens and fat fishe, and
let him not sleepe. And in continuing with
this meanes , he shall be deliuered by the
helpe of God.

To driue away Lice. Cap.67,

Take encense, and the larde of a barow
Hog, properly called Barowes greace,
boyle them together in an earthen pan
or pot leaved , and with this oynt-
ment rubbe and annoynt the place where the
lice bee.

T Howe to make a soueraigne water , that
Master Doctor Stevens Physitian, a man
of great knowledge and cunning, did pra-
ctise, and vsed of long experiance. And
therewith did very many cures , and kept
it alwayes secret, till of late, a little before
his death, a speciall freend of his, did get it
in writing of him. Cap 68.

of hidden Secrets.

The Receipt.

Take a Gallon of god Culcoine wine, then take Cinnamon, Galengall, Camamill, Sinnamon, Nutmegs, Cardenes, Cloves, Mace, Annyssades, Fenell sedes, Cardaway sedes, of everye of them a dramme: then take Sage, Spynke; Red roses, Lymes bellitorie of the wall, wilde Margerum, Rosemarie, Pennie mountaine, otherwise called wilde Tyme, Camamill, Lauender, and Auenis, of every of them one handfull, then beate the splices small, and byuse the Hearbes, and put all into the Wine, and let it stande twelve howers, stirring it divers times: then still it in a Limbeck, and kepe the first pint of the water, for it is the best: then will come a seconds water, which is not so god as the first.

The sundry vertues and operations of the same many times approued.

The vertues of these waters be these: it comforteth the spirites, and preseruesth greatly the youth of man, and helpeth the inwardes diseases, comming of colde, against shaking of Palsey: it cureth the constractes of sinewes, and helpeth conception of wolumen that bee barren, it killeth the D. iij. worms

The Gloucestre Tisafurie,

wormes in the belly; &c. it helpeth the colde
Colde &c. it helpeth the Lanthacheare & confor-
teth the stomake & hearte & helpeth to cure the
childes droppes. & helpeth the stone in the
Bladder, and in the stones in the backe, it
cureth the Bladder. It helpeth the other infir-
mitie, yea the whole bodye. And if you use this water
certainlye, yeaþ not farre off, it purgeth
him of his distempfe, and shall make one forme
young & plente. & it will take away the
fume of this water infusing it in buttanes or such
vases, for it is verye hot in operation. It doth
cure the storne in the膀胱, that the healemenþ
and shal yare. It will ease tuncys & can be
burned. And it will ease the sayd dyspepsie, & it maketh
the skinne to be sound, & rooted out of it, & shall it
egresse & make a worter than taketh off all distempfe
: Beinge, dryng, and dryng, from the handes of
the artificers, whiche euen by marking, and
maketh them very white and dryng, or
old. It is also good for them that the Sunne
burned.

Gloucestre tisafurie
To take the juice of a gill of wormes, & a little
of common salt, and wash your bagges with it,
and let them drie of themselves, then wash
them againe, and you shall finde them dryng
and streyning, glorie & it is also verely good
against the scurff, or scabbes. In manerlye
to
¶ To

To helpe all manner of inflammation, and
swet murtheris position of the ayre, keperis
fistis, great swelledegges or inflamed
eies, rhantes, etc. Cap. 20. 1. 1. 1. 1.
gum, saler grise subiecte. And hould
the same be strewed on Agillum made of Bass
a. Inclyt whiche ye shall easely finde at the
Apothecaries, and sa the it hulse an
ysscholmen in oþer water; then fragma
it, and put it into another newe potte that is
cleane and neale; puttinge to it a bole of salt
lowes, succorjo, loppes, Endive and horage
and seeth all thys together vntill it be dissol
ued; and as to it anounce of Sandall, cut
then straine all, and take in a linnen cloach,
as much Cassia extracta, as will goe into
two farts, and put it within the sayde lynn
nen cloach with the Cassia, while the water
be hot; pressing it so harde betweene your
two fingers, that the substance of it may
goe into the saide water, then put it to Hus
ger, or Pendes, and muche as you will. Of
this drinke which is of a very arable to
sete you must take from day to day, a little
Cassia full in the morning, lying in your
bedde with your brest upwarde, then lay
ing some linnen cloath upon your bdes
macke, streepe if you can, and take of
it also after you bee vp, and haue done

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your

The Closet, or Treasurie,

your necessaries, the which doing, you shall finde your selfe verye well healed in fewe dayes. But beth note that this must be done in the Sommer, and not in the Winter, and he that hath his Stomacke very colde, may weare before his breast some pce of Scarlet, or other cloath, and sometime annoynct his stomacke with an Oyle made for the weake-nesse of it, the perfect composition wherof, we will put hereafter.

A singuler Ointment, which healeth all burning with fire, not leauing any scarte where it hath bene. Cap. 71.

Take the white of two Egges, two ounces of Tutina Alexandrina, two ounces of quicke Lime washed in nine waters, an ounce of newe ware, with as much Oyle Roset as shall suffice, and make therof an oyntment, which ye shall finde very god for this that we haue spoken of.

To draw an Arrow head, or other yron out of a wound. Cap. 72.

Take the iisce of Walcian, in the which ye shall wet a Tent, and put it into the wound, laying the saide heards stamped vpon it, then make your binding by bands as it appertaineth, and by this meanes you shall draw out the yron. And after heale the wound according as it shall require.

For

Fosters that hath a bunch on his head, or
that hath his head swollen with
indition or a fall. Cap. 73.

Take an ounce of Waxe salte, ratte ha-
me thre ounces, Cummin thre ounces
cumin; Turpentine two ounces, then
mingle all this well vpon the fyre;
then lape it aboade vpon a Linnen cloath,
and make thereof plasters, the whiche you
shall laye vnto his heab, and it will alto-
ther assouage the swelling; and heale him
cleane and neate.

To know what time in the yeere hearbes
and flowers should be gathered in
their full strength. Cap. 74.

Medicines are made divers and sondrie
wayes, some by leaves, some by seedes;
some by rotes, some by hearbes, some
by flowers, and some by fruits. Such leaves
as are put in medicines, should be gathered
when they be at their full wering, ere that
their colour be changed, or that they fade any-
thing.

Hearbes when they be full ripe, and the
moystenesse somewhat dried away.

Flowers should be taken when they be
fully open, ere they begin to fade.

Hearbes should be gathered when they be
full of sappe, and ere they chynke.

The Closer or Treasurie,

fruiteis shoulde bee gathered when the
leaves fall, followynge the said eadis

Fruites shoulde be taken when that they
be at their full groath; as whan they falle,
and the beauerier fruit is, the betted; and those
that be great and light in pondration, chese
not them, and those that be gathered in faire
weathir, be better then those that be gathered
in raine.

Item those Herbes that groweth in the
feldes, are better then those that groweth in
Townes and Gardens, and those that groweth
on hilles in the feldes be best for med-
cines, for commonly they be lesse, and not so
fat, and haue moe vertuel. Item
item Many Herbes there be that haue divers
times to be gathered in: and if they be gather-
ed in that time, they haue thei whole ver-
tuall to their profit, and if not for good
works help thowenferre they be gathered
anosome nought, but they bee gathered out
of times as they come vaskinell what I teach
thee.

Item Betapie shall be gathered in diversly in
Lammas moneth, with the feldland the
notes, and without adych monte: and it
shall be dyed in the bagewe for medici-
nes it may be gathered other times, but e-
uer more it is the better if it be gotten with-

out

and young and is whistled gash brood amongstane
wininge vnto it selfe, and to saye vnto it selfe

Swingere I am shal be gathered before the Roome at
pleaseth you in the laste daye of Marche

Camamill shall be gathered in Appulse

. Pretties shall be gathered in June before
the sun he riseth vnto it selfe, and to saye
so muche of vnto it shal be gathered when they
alle de dayly, evynly, vnto it selfe, dayly to god

Longdebeere shalbe gathered in June and
Julye 373 certeyn dayes vnto god

Peniswort shall be gathered in the beginning
of winter dayes vnto church eigolesinge

Germander shal be gathered in Lammas
moneth mede in Jun and againe in Julie

Dragonet shall be gathered in June and
Julye certeyn dayes vnto god

Columbine, in Lammas moneth vnto it
in the morninge shalbe gathered in Ap-
rilie dayes, vnto it selfe mede, and to saye

Pedelion; when the vnto it selfe
vnto god shal be gathered middaye

Walloworth where it pleaseþ you, with
the Gras; dayes vnto god and to saye
vnto god shal be gathered in the
mornynge of Maye the 30 daye in this moneth
shal be violettes be put into Auger and to
saye vnto god vnto god, vnto god

Roses shoulde be gathered in Appulse and
Julye

The Closet, or Treasurie,

in Maye, and of them shoulde be made Suger Roset in Syrop of Roses, and in the same month shoulde syre be made of Camamill.

Rosemarie flowers shoulde be gathered in Maye.

Centoarie, when he beginneth to flower.

Diganum, in the month of June.
Folsequite shoulde be gathered the sixteyne day of August, before the Sunne rising, with out yron.

Part strong shoulde be gathered ere daye in November.

Aristologia shoulde be gathered the same time.

Carlike maye be taken when you nede for medicines.

Wilde Carlike shoulde be gathered when it flowreth.

Gurdes shoulde be gathered in the ende of September, when they be ripe, and drie where the sunne maye all day.

Wilde Peperiss shoulde be gathered when they have perelous.

Coucumberis shoulde be gathered when the fruite is ripe, and the fruite shoulde be laide under vines, where the sunne may not haue all his strenght to burn in a moist place, that it maye roote, for then the seide shall bee good, and full of kernels.

Citrull,

of hidden Secrets.

Citrull, when the fruite is ripe, and myled
in a dry place in the sunne.

Calamint water shoulde be gathered when
it flowzeth, and dye it in the shadow, and it
will last a yere.

Saffron should be gathered afore that the
sunne doth rise.

Godour that groweth among flax, shoulde
be gathered when he beginneth to flower, and
it may be kept thre yere.

Dyake shoulde be gathered when it flow-
reth, and dye him in the shadow, and a yere
it will last.

Gleber must be gathered in Harvest time.
Fenell saedes shoulde be gathered in the
beginning of Harvest, and two yere he may
be kept.

The rotes of Fenell shoulde be gathered
in the beginning of the yere, and two yeres
they are good.

Waldeony, that some men calleth Gen-
cian, shoulde be gathered in the last ende of the
yere, and fowre yeres he is good enough.
The rote of this herbe is used, and hale thou
shalt know him by this, that he be very bit-
ter, the lesse bitter the worse.

Also looke that it be white, whole, and not
hollow within, but sadde and not brittle, nor
full of powder.

Galingall,

The Closse, or Tredarie,

of Wallingall is calld in þe latyn Wiles :
it maye be taken siall tyme whenþou
wylle ; but þis is in the ente de wat : And
þis dapes is boile : be layde in the sunne
and so be dryed , that the myslene rotte it
not , and then you myl kepe it in the cha-
boise .

Flugelower delice shoulde be gathered in the
mornynge and dryed in the sunne , and it wil
last two yeres well .
¶ Here followeth the sundry vertues of
þrey a gynnes, for diuers medicins .

Cap. 75.

Roses be folde and moyst in two degrees :
þat hath the severties , campé it , and lay
ȝem it to a rose wath burneth and abeyng and
it shall cease both the burning and abayg : so
þe roght is gived to the feare in the sto-
mache , and againt all culles that are gen-
dered in hole humors .

¶ Also let any woman drinke it with wine,
and it shall helpe much restraine bladung , and
helpe the iust poures of the womb ,
þe same remeys . Oyle of Roses , and that is a
þerapauticke receipt for pickinge in fine wesp
and the water therof is good for soþe eyen ;
and for hote vniuers , and the Oyle is good for
headachs abiamolat therewith the temples ,
and the roote of him is good , in drawing forth

ynnes or other thing in stans for the red Rose is much better then the white.
The sundry vertues of Lillies. Cap. 76. 31
Lillies are colde & dry, in the third degree,
and so saith Galen, that who so batheth

the leaves in water, it is a noble Plat-
ter, for sunnies that are shrotted, and it is
good for all maner burnings and scaldings.

Also when the leauers and the rotes are
sodden in olde wine, and tempered vp with
hony, it is profitable platter for sicknesse
that ake shrewd Allarome, water and the iuice
is good for to washe thy bitters, and namely
to drawe the freckles on mans visage or
womans: and the rote is good to ripe therby
with woches, and for to helpe to breake
therum in idylle of ti conid ergo, boordit
this Of the sundry vertues of Milfoyle.

Cap. 77.

Milfoyle is hote & dry in the second degree,
it is good to stauenbe the bloudis flise,
and the juice therof healeth the byting
of a red Hound: and if it be sod in red wine,
it slayeth wormes in the womb, and
it will destroye benome, and it softneth
hardnesse in a mans anombie, and it helpeth
the Falndies and Dropie.

And take the herbe and stamp it, and hem-
per it with vineger, & it will do away blan-

The Closet, or Treasurie,

in wounds, and it will ease the tooth ache, when it is chewed fasting. Also it is good for the stinging of an Adder, when it is sodden in wine, drinke it, and laye the substance thereto, and it will drawe out the venome of the soze.

Of the sundry vertues of Rosemarie.

Cap. 78.

Rosemarie is hote and drye: take the flowers thereof, and put them in a cleane cloath, and boyle them in faire cleane water, until halfe be wasted, and cole it, and drinke that water, for it is muche worth against all manner of evils in the body.

Also take the flowers, and make powder thereof, and binde it to thy right armes in a linnen cloath, and it shal make thee light and merrie.

Also eate the flowers with Honey, fasting, with swete bread, or els with other bread, and there shall rise in the nose euill swelling.

Also take the flowers, and put them in thy Chest, among thy clothes, or among thy Boordes, and Spoyles shall not destroye them.

Also boyle the flowers in Goates milke, and then let them stande all night vnder the

age

ayre coured , and after that gine him to drinke thereof that hath the Tisicke , and he shallbe holpen .

Also if there be any man that is ramage , take the flowers and the leavens , a gret quantite , and boyle them together in a god quantite of cleane water , in that Paciens Bulkneat , and it shall heale him .

Also boyle the leavens in white Wine , and wash thy face therewith , and thy beard , and thy browes , and there shall no cornes spring out ; but thou shalt have a faire face .

Also put the leavens under thy beddes yare thou shalt be deliuored of all evill dreames .

Also breake the leavens to powder , and lay them on the Caanker , and it shall clay it selfe .

Also boyle the leavens , and put them into a walins vessell , and it shall keepe thee from all feweroulles and such sawards , and if you will drinke wine , then shall þouþow speede .

If you be feble with anke and sweat , boyle the leavens in cleane water , and wash thy head therewith , and thou shalt be delide , red of thy taill .

If thy hand falle appetitie of eating , boyle well these leavens in cleane water , and when þe water is cofre , put thereto as much white wine , and then make therem

The Cloet, or Treasurie,

sops, eate thou thereof well, and thou shal
restore thy appetite againe.

Also, if thou haue the floure, boyle the
leaves in a strong Ceyzill, and lay them on a
linnen cloath, and bind it to thy wombe, and
anone thy floure shalbe withdrawen.

Also, if thy legges be blowen with the
Cowe, boyle the leaues in water, and then
take the leaues, and binde them in a linnen
cloath, and winde it about thy legges, and it
shall do thee much good.

Also, take the leaves, and boyle them in
strong Cizel, & binde them to thy stomacke in
a cloath, & it shal deliuer thee of all euils.

Also, if thou haue the Gough, by stirring
or by any other way, drinke the water of the
leaues boyled in white wine, and ye shall be
cure of it again. And also, make
a speake powder of the rinde of Rosemary,
and anoint the ih, and if thou be in the pose, thou
shalt be deliuered.

Also, take the Wimber thereof, and burhe
it to roaste, and make powder thereof, and
then put it in a linnen cloath, and rubbe the
teeth therewith, and if there be any sores
therein, it shall stay them, and keepe thy teeth
from all euils.

Also, of the wood make a booke to smal
thereto, and it shall keepe thy youngly.

Also,

Also make thereof a barrell, and drinke
thou of the drinke that standeth therein, and
thou needest not dread of any evil being ther-
in, and if thou set it in the field or in thy gar-
den, keepe it honestly, and it shall bring forth
much encreasing of him selfe.

Also if a man haue lost his smelling of the
ayre, that he may not draw his breath, make
a fire of the wood, and bake his bread there-
with, and eate it, and it shall keepe him well.

Also a man that hath the Gowt, take oyle
of Roseys, and the yolke of an Egge, and the
flowres of Rosemarie, and meddle them to-
gether, & do it to his soare, & he shalbe holpen.

¶ How to make a speciall soueraigne water,
which is of threē colours, and it is called
the Mother of all waters: which is verie
excellent to cure the Canker, the Pockes,
or Leaprosoie, or any other kinde of super-
fluous humours, of any sore, olde or newe,
and it is thus made. Cap. 79.

Take Turpentine iii. pounde, of Frans-
kensence, Mastick, of either ii. cunces,
Allies, Epatick, Date stones, Labda-
num, Cassiorum, rotes of Detanie, rotes of
Enula Campana, of eache two cunces, stille
them in a Limberke of Glasse, with a softe
fyre. The first water is cleare: the second tra-
cker is yellow, and swimmeth above the other:

The Closet, or Treasurie,

The thirde water is reddishe , like Saffron, and when it beginneth to be redde and thirkes as Honey, then beginneth the thirde water.

The first water brenneth like a candle, the seconde water curdeth like Pilke : and if you put the thirde water, one drop with your fynesse, it goeth to the bottome, and there will it lye an houre, and then mount vp to the top as true Hawme doth, and with this water, if you wash your face twice a day, and chieflie your Nofethills , it cureth the Rhetwme distending from the braine , and clarifieth the sight. And if you wet a linnen cloath in this water, and lay it to any sore leg or arme, that hath dead flesh, it will cleanse it, and vrtue away the ache withinne senebours space : and it consumeth al Apostumes, Ulcers, Fistules, Pustules, Emeraldes, and healeth all greene wounds. And if ye dip a linnen cloath therewin, and make it sene bold, and lay it to the nodyle of your necke, it healeth the Palsey : and so likewise it cureth the Colwt, or any synow that is drawne together therewith , bathe it thre or four times together warme.

The water that is of colour of bloud, is of such vertue , that if a Leperous man or woman use thereof xv. dayes together , halfe a spoonfull euery day, he shalbe healed.

The first water is of such vertue, that if it
be

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be put in a fresh wound, it healeth it in riuitt
holwes, if it be not mortall. And it healeth
all kinds of Tankers, Crepces, Noli me tan-
gere, within xv. daycs, if you wash them with
the sayde water every thirde day: and if you
make ragges of cloath, and dip it in the same
water, and laye it vpon a plague sore, and
dʒoppe one dʒoppe therein, it mortifieth the
malignitie thereof, and that shortly. And if
you dʒoppe one dʒoppe thereof in the eye that
hath a pearle, or is halfe blind, it will recover
it in eight daies, without any paines: and if
ye drinke a spoonfull of it with white wine, it
will recover the strangurie or distare within
sixe holwes, and breaketh the stone within
two holwes, whether it be in the Reines or
in the Bladder. The water that hath the co-
lour of bloud, is most precious, it comforteth
the weake members, and preferueth the body
from all diseases, and purifeth rotten bloud,
and healeth all diseases of the Spile, and kee-
peth awaye the Colte, and canseth good di-
gestion, it purgeth cold and rotten bloud, and
putteth away ill humors, and healeth all a-
gues. This water must be vsed from the mo-
neth of November, to the moneth of Aprill,
and you muste take but halfe a spoonfull at
once, nor oftner then once a wooke.

The maner to make this water, ye must
E.ij. haue

The Closet, or Treasurie,

hane a Glasse a Cubite hye , and fill it with Aquavita made with wine, and stop it well, then put it in boorse dung , so that it bee not moiste, nor too wct, least the Glasse breake, and you muste leauue the necke of the Glasse without in the ayre, that the Glasse through the heate of the dung, will boyle soze, so that the water will ascende to the necke of the same , and descende againe to the bottome through the ayre , and so let it stande thirtie dayes , then take out the Glasse, and put these thynges following in the water , and stoppe the mouth that it breath not out , and so leauue it eight dayes. Last of all , put the Glasse in Balme no manie, with sande, setting on a head with a receiuer well stopped , and make a soft fyre , and gather the firste wa-
ter that drops cleare , but when ye see the se-
conde Water turne into red color, change
the Receiuer , for then comureth the seconde
Water , and that will keepe well in a Glasse
well stopped : The splices that goeth to this
water be these, with the herbes, Cardonum,
Cloues, Nutmeggs, Ginger, Galingall, Ze-
doaire, long Pepper, Spikenarde, Lawrell
Berries, Smallage seedes, Mygworthes,
Fennell seedes, Annis seedes, flowers of Ba-
illi , Elder flowers, redde Rose and white,
Liguish aloes, Cubibes, Cardonum, Gala-

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mus Aromaticus, Maces, Germander, Fran-
kensente, Turmentill, Juniper, Egremone,
Centorie, Fumetorie, Pimpernell, Dandell-
on, Suffrage, Endise, seedes of Horrell, yel-
lowe Saunders, Setherfoy, Aloes, Epaticke,
of each two ounces, Kubarbe two drammes;
dry Figges, Measins, Dates without stones;
sweet Almonds, of each two ounces; Aquaua-
ta to the quantitie of them all, and sometimes
as much suger as they be all, that is
for one pound of Engredience, fourre pounds
of suger, two pouyn of hony. This water is
called the Mother of all waters.

¶ A perfect waye to cure the lothsome disease
of the French Pockes, paynes in the
joyntes, lamenesse of limmes, palenesse of
colour, lothsome scabbes, or any other fil-
thy disease, proceeding of superfluous and
euill humours, as also to asswage ouer
grose and foggy fat bellies, and that with-
out danger. Cap. 80.

F irst, it is needfull to prouide for the
sick body, a cloase and cleane Chamber,
out of all grose ayre, and cleane warme
garments both for the body and legges,
and at rising & going to bed, a fyre of Char-
coles, for wood is not holosome, soe smoking:
also they must not be troubled with any thing

The Closet; or Treasurie,

for b;ing them out of patiēce, for that corrupteth the blodd, which must be newe altered: also the sick body must eate but litle meat, and that kinde of meate as shall hereafter be prescribed, and at such time as shall be appointed, and let the sick body vse playing of soms Instruments, or heare some playing, or tell merrie tales, and haue no companye of women, for that is a most dangerous poison, for the health of any person in that case.

10 Secondly, you muste prepare two brasse
pottes, or else yron, one being foure gallons,
the other sixe gallons, one for strong drinke,
the other for small drinke: also ye must haue
close vovers to them; of brasse or yron: you
must also p:repare good earthen Wessels, with
close couers to keape your drinke in, of bothe
sortes by them selues. Also you must haue a
Strayner of a Scarce clothe, to straine your
drinke after it is decoct, Instruments to take
out dead fische, and to search a soze, and a sy-
ring to cleanse any soze boeing drape with the
same drinke. Also you must haue a wooden
Wessel to bath the sicke body in, at such times
as hereafter shall be appointed. Also ye must
prepare cleane clothes to dry the sicke body,
after a sweate, boeing warmed well first: o-
ther Instrumentes yee shall neede none, but
only your wond rapped small, or turned, and

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the barke of the wood pounded in a Morter, and the drugges also small, and your water which ye shall decoct, the same muste be of a Conduit or running brooke, verie cleane without any kinde of filthe. Chalke water is good.

Thirdly, see your strong drinke, ye muste take your potte of fourre gallons, and set him on a soft fyre of coales, with fourre gallons of the faire running water, then put into the same one pound & a halfe of your wood, small rasped, or turned at the Turners, but when you do buy your wood, see it be not olde, and lacke moisture, this triall is best, take a little coale burning, and lay it on the block, before it be rasped, and if it be good it will boyle vp on every side of the coale, like Myyre: then put thereto one ounce or a little more, of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seedes put whole into the same, and one halfe quarter of an ounce of Radir, and Rubarbe, and then stop your Pot fast, and laye Paste about the cover, and so fast that no ayre come out, then seeth it on a soft fyre, but ever keepe it boyling, and let it boyle at the least eight houres, then set it by, and unstop it not vntil it be cold, then take your Scarce, and straine it into a faire Earthen pot, and couer

The Closet, or Treasury,

couer it close : the sicke body must drinke of this but one draught luke warm in the mor-ning, and one other at night.

Fourthly, you must take your Pot of fire Gallons, and put in it fire gallens of run-ning water, and one pound of the wood raped, and a quarter of Cummen fædes, and decoct it in all kinde of thing such as the other, let-ting close stopped, and when it is colde straine it into an Earthen vessell, or vessells: and that must the partie drinke at meale, and at all o-ther times when he list to drinke, and spare not, but draue it by.

Fifthly, the sicke body must be kept very warme, and not rise out of bed before eyght of the clocke , and then eate a dozen or twen-tie Mervins of the Sunne, and no bread : and about a leauen of the clocke, let the sick body eate a little meate as may suffice nature, and what meate, it shalbe hereafter shewed: then let the sicke body walke somewhiles in his chamber, or feare some booke, or play on In-strumentes to kepe him from sleeping : then at sixtys of the clocke, a dozen of Mervins of the Sunne , and nothing els but a draught of strong drinke warmed, at six a clocke in the mor-ning, and at euening at eight.

Sixtly, give to the Pacient to eate, these meates following, Chicken, Partridge, Fie-sant,

of hiddett Secrets.

Iant, Henne, Capon, Rabbet, Conte, Weale, Mutton, and none other, nor any salte, nor leaunched b^reap, nor Rye b^read, and very sel-domme roasted, but boyled in water, & no broth nor porridge, nor any kinde of sauce, if the sicke body haue roste, let it be but every third meale, and no kinde of fishe, milke or fruites, Kessins excepted.

Seventhly, once in thre dayes, for the first nine dayes in the morning let the sicke body drinke a good draught of the strong drinke something warme, and then lay very many clothes on him, till he sweat, for the space of two howres, then ease some of the cloths, and haue warmed linnen clothes, and rub all the body dry or he rise, if he haue thy sores that he deepe, wash the soore with the strong drink, and with a syrop, and dippe a little cloath in the strong drinke, and ley it to the soore, wher it be sores or knobbies.

Eightly, after nine or ten dayes be passe once in thre dayes let the sicke body be bathed on this sort. Set fayre running water on the fyre, and put thereto a great deale of ground Iuic leaves, and red Sage and Feuell also, and by a good fyre when the sicke body is going to bedde, put the water and Herbes into a vessell of wood, and let the sicke body stande vp; right in it, by the fyre, and

The Closet, or Treasurie,

and take vp the Hearbes, and rubbe the body
of the sick Pациent downewardes, and then
dry him with warme clothes : use this three
wekeres , and by the grace of God the sick
body shall be made whole, whatsoeuer he be,
then if the party be very weake, after nine or
ten of the first dayes, let him eate every day
at foure of the clocke at after none , a newe
layde Egge , poched in faire water , and as
much new bread as will suffice nature, and
a little cleane wine. Use this Diet with god
regarde , as before is prescribed , and by the
grace of God, they shall be perfectly cured of
the diseases aboue mentioned.

¶ The maner to make another kinde of Di-
et drinke, of stronger operation , for the
same diseases, which, by the practise onely
of one man, hath done very great good,
aswell in the Citie of London, as in diuers
parts of the Realme.

Take of the best Guaicum, most heauie,
and full of gum, iij. pound, let it be wel
rased with a rape , or turned into fine
chippes by a Turner , and of the same
barkes, two pounde : of Carduus Benedictus
which is called the blessed Thistle, halfe a
pound, of Maiden haire, Cecrach, the flow-
ers of the wilde, and Garden Buglose, Ana,
one

of hidden Secrets.

one pounde, swete Cassia sixe ounces, Annis-
sæde one ounce and an halfe, white Suger
sixe pounde, cast all these into a wine Vessel,
cleane and apt for the same purpose, vpon
which powre of the cleanest and best white
wine that may be got, very hote, in quanti-
tie one hundred and fiftie pounde, couer this
vessel close threé days, then straine it through
an heare cloath, then kepe this in a cleane
Vessell for the Pacient at dinner and sup-
per, but not to drinke it in the morning and
evening. Besides the drinking of this Guai-
cum at dinner and at supper, the Pacient
may betwene the times, as one houre be-
fore and after dinner and supper, drinke
fowre or five ounces. Also your foresayde
receipts may be put in cleane newe white or
Claret wine, being fined and made in the
prescribed maner. Furthermore, the Pacient
which hath the Por, Dropse, or Colle, may
drink among, this worthy Medicine follow-
ing, the dosse or quantitye, is two ounces or
more, according to the age and complexion of
the Pacient.

Take Maiden haire, cleane fresse Hops.
Fumitorie, Hitrach, called Asplenii, Gemmæ
Alexander, of ech threé drammes, great Cen-
tauri rotes, Liquorice, Polipodie, wilde and
garden Bugloss, Anna, fowre ounce, Annis-
sædes,

The Clolet, or Treaurie,

sades, Nigella Romana; the flowers of Buglosse, the thre Sanders, Cinnamon, Aqua, fine vances, put this into xiiij. pound of y Guaicum water, sodden after the description in the Compounds following, then put it in a close vessell, and stoppe the mouth, and when that is done, set the saide Vessell in an other seething kettle vpon the fire, so let it stande and seeth for twentie houres faire and sof lie, then straine it, and keepe it in a cleane close Vessel, for the use aforesaide. But if the Patient be very full of humors, then doe thus. Take Hene of Alexander two pound, Succorosarum solatiue vi. pound, white suger by. pound, Rubarbe eleced ij. ounces, finely cut, Turbit of the best one ounce, put these in a cleane stone Pot, with a narrowe mouth: poure into this pot xiiij. pound of the common Guaicum water, made in maner in the compounds following: Stop your pots mouth, seeth it in the foresayde maner, vpon a softe fire xij. houres, vntill it come to a thinne Syrop, called a Jelup, then straine it, and keepe this precious purging drinke for mornings, the dose one ounce and a halfe, according to the age, complexion and strength: the Patient must also eate bread iii. ounces, well baked like Bisket, and the fleshe of Chicken, Hen, Capon, Partridge, Fesant: small birds
of

of the wood rostid, excell sodden meates : and if the common drinke be too strong , then the Pacient maye poure therevnto some small cleane Waine or Ware : Let the Pacient bee mettire, kept in a fayre cleane chamber, with sweete perfumis, not much feeding, but little and fine, with cleane warme apparell, and a fyre of Charcole, eschowing Wceny, wines, fruytes, fishe, grosse fleshe, pottage, and white meates, care, anger, cold, much beake : and by Gods helpe ye shall haue present remedis, whether it be for the Pore, or to cleanse the raines, or for itche and scabbes , or for them that be ouer fat or foggie people, full of grosse humours, gotten with easie and feeding, to rebate & swage their foggynesse, without hurt, but rather renue them (as it were) and make them seeme young. It helpeth also the Gout, Diopsie, Sciatica, Canker, and Hypochondrie, and many other lothsome diseases, that pro- cede from ouer great abundance of grosse hu- mors, also for extreme paine in the wynnes,

The maner to choose the best Guaicum
or Lignum vitz. Cap 82.

See  this wood Guaicum, there are thre
kordes : the first is blacke within, in
the heart pale colourred, having nine
ruffet lynes, very harde and beautifull.
The other blacke within, but white without,
having

The Closet, or Treasurie,

having very small lines , is hard and heauy, and not so great as the first. The third is all right white within and without, having verie small lines, and the heart of this wood is the best, the arme of the Tree is better then the bodie, the boves nearer the frutes hath more vertue, waruynesse, and dynelle, then the lower partes of the tree, which are groasser and more earthly of nature , and the more vncoues the wood is, it is the better, the sappe is not so god as the heart , neither the bark as god as the sappe. But the white wood is suete and moule excellent in operation, and is Lignum sanctum , the holy wood. The Barkes of the strighte young braunches of Bowgbes, being heauie and white , moyste and without lines, harde compacted, be the best Barkes for the Pyre. All these wooddes ralled Guaiaci , hattie a rosyn or matter lyke Benjamin , or pleasant Gummie within the wood, which is the spirite or lively helpeyng humour in decoction for the Pot, in the shenes, Weines, Muskles, head, bandes, fete, and the bones : no sicknesse is so sharpe and cruel to nature , but this pretious woodde will hebe quickly and gently allayne the paine and greef of the same, if it be ministred accordanly in decoction , namely to them wherem either the Pot hath tormentes, or else the

the Gowte with intollerable gries. Cap. 83.

¶ A most certaine and approued remedie
against all maner of pestilence or plague,
be it neuer so vehement. Cap. 83.

Take an onion, and cut him chertlywart,
then make a little hole in eache peare, the
which you shall fill with fine Triacle,
and set the peaces together againe, as they
were before: after this, wrap them in a wet
linnen cloath, putting it so to rost, couered in
the Embres or ashēs: and when it is rosted
ynough, presse out all the iuice of it, and giue
the pacient to drinke thereof a sponefull: im-
mediately he shall feele him selfe better, and
shall without faile be healed.

To make a water to take out all spots out
of cloth of gold and Velvet. Cap. 84.

Take raw red Arsnick, Martom Gudum,
of each of them a like much: when they
be well brayed, poure some faire water
upon them, and putting the herbe Cinkforske
to it, seeth it vnto halfe, & then let it cole, & set
it in the sunne two howers: then wash your
cloth in it, and let it drye in the sunne.

To take spots of greace and oyle out of all
sorts of cloth, white or other. Cap. 85.

Take the water that pease hath bene
sodde in, and steepe your cloth where the
spot is in it, and then wash it with cleane

The Closets, or Treasurie;

river water, and hang it in the sunne.

To take all maner spots out of silke. Cap. 86.

Take the iuyce of great and round Mulus
troms of a sharpe taste, wet the spots in
it, the space of two houres, & then washe
them with cleare water, & then let them dry.

To take spots out of cloth. Cap 87.

Take colde Lie, and Lees of white wine
made a little hote, and mixe them well
together. But you must take heed they
be not too hote, and wash your cloth.

A soueraigne remedy for the cough. Cap. 88.

Take brimstone beaten in powder halfe
an ounce, & put it in a new laide Egge,
soft roste, mingle it well together: then
doe put to it Beniamin the bignesse of a
Ziche pease, lightly ramped, and drinke it in
the morning at your breakfaſte: make as
much againe at night when you go to bedde,
and you shall be whale at the ſecond or thirde
time. But if the cough haue holden you long,
you muſt take it ſo much the oftner.

To keepe Poultry from destroying
with Wesels. Cap. 89.

Rub your Poultry with the iuice of Rue
& Herbegrasse, and the Wesels ſhall
do them no hurt: if they eate the lungs
or lights of a fore, the foxes will not eate
them.

A breefe Treatise of Vrines, aswell of ~~theses~~
Vrines, as of womens: to iudge by the colours, which betoken health, which sicke-
nes, and which death. Cap. 90.

It is shewed, that in foure parts of the body dwelleth sicknesse and health: that is, in
the wombe, in the head, in the Liver, and
in the bladder: in what manner thou mayst
knowe their properties, and thereof thou
mayst learne.

If a mans Urine be white at morow, and
red before meat, and white after meate, he is
whole. And if it be fat, and thicke, it is not
good: and if the Urine be meanely thicke, it is
good to like; and if it be thicke asesse pisse,
it betokeneth head ache.

Urine that is two daies red, and the third
day white, it betokeneth verry health.

Urine that is fat, white, and moyse, beto-
keneth the feuer quartaine.

Urine that is bloody, betokeneth that
the bladder is hurt by some rotting thing in
within.

A little Urine all fleshy, betokeneth of the
reines, who pisseth bloud without sicknesse,
he hath some vaine broken in the reines.

Urine that is ponderous, betokeneth that
the bladder is hurt.

Urine that is somewhat bloody of sick-

nesse,

The Closet, or Treasurie,

wombe, betokeneth great euill within the bo-
dy, and namely in the bladder.

Urine that falleth by drops aboue , as it
were great holnes, betokeneth great sicknes-
se who lding.

Womans Urine that is cleare , and shi-
ning in the Urinall as siluer, if she cast ofte,
and if she haue no talent to moate, it betoke-
neth she is with Childe.

Womans Urine that is strong, and white
with stinking , betokeneth sicknesse in the
reines, and in her secret receites, in her
Chambers full of vniuell humors, and of sick-
nesse of her selfe.

Womans Urine that is bloody and cleare
as water vnder, betokeneth head ache.

Womans Urine that is like to Golde,
cleare and mighty, betokeneth that she hath
luste to man.

Womans vrine that hath colour of stable
cleastring, betokeneth her to haue the Feuer
quartaine, and she to dye the third day.

Womans vrine that appeareth as colde
of Lead, if she be with childe, betokeneth that
it is dead within her.

Her followeth all the Vrines that betoken
death , aswell the Vrine of the man, as of
the woman. Cap.91.

of hidden Secrets.

If a whole Axis, one part redde, another blacke, another grēne, and another blew, betokeneth death.

Urine in whote Axis, blacke and little in quantitie, fasshy and stinking, it betokeneth death.

Urine ouer all coloured as Leed, betokes, neth a prolonging of death.

Urine that shyneth raw and right bright, if the skin in the bottome shine not, it betokeneth death.

Urine thin in substance, having fleeting aboue as it were a darke skye, signifieth of death.

Urine dersky, stinking, and darke with a black skye within, betokeneth a prolonging of death.

Urine that is of the colour of water, if it haue a darke skie in an Axis, it betokeneth death.

Urine that bath dreses in the bottome medled with blood, it betokeneth death.

Urine black and thicke, if the sickle lothe when he goeth to the Prinie, and when he speaketh ouer what, or that he understandeth not aright, and these sicknesses goe not from him, they betoken death.

F I N I S.

The Table.

T O bake a Capon with yolkes of Egs.	Cap. 1.
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